



# THRIVING TIMES

*Keystone Happenings for the 50-Plus Generations!*

## KEYSTONE COMMUNITY SERVICES

February, March, April 2026

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**Register for classes, events, and appointments by calling:**

651-645-0349 / 651-298-5493

**Or by sending an email to:**

knivacolgan@keystoneservices.org

**Thriving Times** is published quarterly by Keystone Active Seniors, a program of Keystone Community Services for adults 50 and up who want to keep their minds alert, bodies healthy, and spirits energized.

### SITE LOCATIONS

#### Merriam Park Community Center

2000 Saint Anthony Ave  
Saint. Paul, MN 55104  
651-645-0349

#### West 7th Community Center

265 Oneida Street  
Saint Paul, MN 55102  
651-298-5493

#### Keystone Community Food Center

1800 University Ave W  
Saint Paul, MN 55104  
651-917-3792

### Cooking for One or for Two

#### 2 A simple, smart, and enjoyable experience!



When you're cooking for just yourself or one other person, it can sometimes feel like more work than it's worth. Many recipes are made for big families or dinner parties in mind, so it's easy to fall into the habit of frozen meals, takeout, or processed snacks.

But the truth is, cooking for one or two can be fun, easy, and healthier than you might think. With a little planning and a few helpful tips, you can learn to make tasty, satisfying meals without a lot of fuss.

#### Keep It Simple

You don't need fancy recipes or long ingredient lists. Focus on easy meals with a few fresh ingredients. Dishes like omelets, sandwiches, soups, and salads can be made in minutes and changed up depending on what you have in your refrigerator.

For example, a salad doesn't have to be just lettuce and dressing. Add chopped veggies, cheese, cooked chicken, or beans for a twist on an old

favorite. Soups are another great choice; you can make a big pot, enjoy it for a couple or days, and freeze the rest for later.

### **Use Your Freezer**

Your freezer is your best friend when cooking for one or two. You can freeze extra portions of soups, casseroles, or cooked meats to use on busy days. Try making a batch of something you love, and freeze leftovers in single servings. That way, you'll have a homemade meal ready whenever you need it.

You can also buy frozen fruits and vegetables. They're picked at their peak and are just as healthy as fresh. They won't spoil as quickly, and you can use just what you need when you need it.

### **Shop Smart**

When shopping, look for ingredients you can use for more than one meal. A bag of spinach can go in salads, omelets, and sandwiches. A rotisserie chicken can become dinner one night, then lunch the next day in a wrap or salad. Buying smaller amounts from the deli, produce stand, or meat counter can also help you avoid waste.

### **Enjoy the Experience**

Cooking for yourself or a loved one is a wonderful way to care for your health and happiness. Put on your favorite music, try a new recipe once in a while, and remember: it doesn't have to be fancy to be good. After all, good food is one of life's simple pleasures, no matter how many people are at the table!



## **ZOOM PROGRAMS**

### **Zoom Fun & Word Games**

Everyone loves a good game. We will rotate through a few in each session. Join us to challenge your mind and have fun doing it. **Mondays, 11:00 AM - 12:00 PM, Thursdays, 2:00 PM - 3:00 PM (No meeting January 19 & February 16)**

### **Zoom Exercise** Mondays, 9:30 AM - 10:15 AM

Zoom recordings are available to watch on our website.

### **Zoom Bingo** Thursdays, 11:00 AM - 12:00 PM, February 19, March 19 & April 16

### **Zoom Gentle Exercise** Tuesdays, 11:00 AM - 12:00 PM

### **Zoom Social** Tuesdays, 1:00 PM - 2:00 PM

### **Interested in joining a Zoom event?**

Call or email Karlene to join in the fun! [knivacolgan@keystoneservices.org](mailto:knivacolgan@keystoneservices.org) or 651-645-0349.

# February 2026 Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous + <b>11:00</b> Zoom Fun & Games <b>1:00</b> Eco Friendly Card Making <b>1:30</b> Bridge	<b>2</b> <b>9:15</b> Pickleball <b>9:30</b> Gym Walking <b>11:00</b> Gentle Exercise + <b>1:2:30</b> Krafters <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>3</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>12:30</b> Cribbage	<b>4</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>10:30</b> TED Talks <b>2:00</b> Zoom Fun & Games	<b>5</b> <b>9:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards
<b>9:00</b> Foot Care <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous + <b>11:00</b> Zoom Fun & Games <b>1:00</b> Crafters Delight <b>1:30</b> Bridge	<b>9</b> <b>9:00</b> Coffee w/ the Guys <b>9:15</b> Pickleball <b>9:30</b> Gym Walking <b>11:00</b> Gentle Exercise + <b>12:30</b> Krafters <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>10</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>12:30</b> Cribbage	<b>11</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>9:30</b> Medicare Counseling <b>2:00</b> Zoom Fun & Games <b>5:30</b> Book Club	<b>12</b> <b>9:30</b> Gym Walking <b>10:00</b> Fare For All <b>10:30</b> Scrabble <b>12:30</b> Cards
<b>16</b> <b>PRESIDENTS DAY</b> <b>Keystone Closed</b>	<b>17</b> <b>9:15</b> Pickleball <b>9:30</b> Gym Walking <b>11:00</b> Gentle Exercise + <b>12:30</b> Krafters <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>18</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>9:30</b> Medicare Counseling <b>12:30</b> Cribbage <b>3:00</b> Ask the Lawyer	<b>19</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>9:30</b> Bingo + <b>2:00</b> Zoom Fun & Games	<b>20</b> <b>9:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards
<b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous + <b>11:00</b> Zoom Fun & Games <b>1:00</b> Crafters Delight <b>1:30</b> Bridge	<b>23</b> <b>9:15</b> Pickleball <b>9:30</b> Gym Walking <b>11:00</b> Gentle Exercise + <b>12:30</b> Krafters <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social <b>2:00</b> Mystery Matinee	<b>24</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>12:30</b> Cribbage	<b>25</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>2:00</b> Zoom Fun & Games	<b>26</b> <b>9:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous + <b>11:00</b> Zoom Fun & Games <b>1:00</b> Crafters Delight <b>1:30</b> Bridge	<b>9:15</b> Pickleball <b>9:30</b> Gym Walking <b>11:00</b> Gentle Exercise + <b>12:30</b> Krafters <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>9:00</b> Foot Care <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>12:00</b> Keystone Singers <b>12:30</b> Cribbage	<b>4</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>10:30</b> TED Talks <b>2:00</b> Zoom Fun & Games	<b>5</b> <b>9:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards
<b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous + <b>11:00</b> Zoom Fun & Games <b>1:00</b> Crafters Delight <b>1:30</b> Bridge	<b>9:00</b> Coffee w/ the Guys <b>9:15</b> Pickleball <b>9:30</b> Gym Walking <b>12:30</b> Krafters <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>10</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>9:30</b> Smart Driver Class <b>12:00</b> Keystone Singers <b>12:30</b> Cribbage	<b>11</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge <b>9:30</b> Medicare Counseling <b>9:30</b> Fit & Fabulous <b>2:00</b> Zoom Fun & Games <b>5:30</b> Book Club	<b>12</b> <b>9:30</b> Gym Walking <b>10:00</b> Fare For All <b>10:30</b> Scrabble <b>12:30</b> Cards
<b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous + <b>11:00</b> Zoom Fun & Games <b>1:00</b> Crafters Delight <b>1:30</b> Bridge	<b>16</b> <b>9:15</b> Pickleball <b>9:30</b> Gym Walking <b>11:00</b> Gentle Exercise + <b>12:30</b> Krafters <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>17</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>9:30</b> Medicare Counseling <b>12:00</b> Keystone Singers <b>12:30</b> Cribbage <b>3:00</b> Ask the Lawyer	<b>18</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>9:30</b> Medicare Counseling <b>12:00</b> Keystone Singers <b>12:30</b> Cribbage <b>3:00</b> Ask the Lawyer	<b>19</b> <b>9:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards
<b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous + <b>11:00</b> Zoom Fun & Games <b>1:00</b> Crafters Delight <b>1:30</b> Bridge	<b>23</b> <b>9:15</b> Pickleball <b>9:30</b> Gym Walking <b>11:00</b> Gentle Exercise + <b>12:30</b> Krafters <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social <b>2:00</b> Mystery Matinee	<b>24</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>12:00</b> Keystone Singers <b>12:30</b> Cribbage	<b>25</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>2:00</b> Zoom Fun & Games	<b>26</b> <b>9:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards
<b>9:30</b> Fit & Fabulous + <b>1:00</b> Crafters Delight <b>11:00</b> Zoom Fun & Games <b>1:30</b> Bridge <b>5:30</b> Intro to Tarot	<b>30</b> <b>9:15</b> Pickleball <b>9:30</b> Gym Walking <b>12:30</b> Krafters <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>31</b>		

April 2026 Events

Keystone  
COMMUNITY SERVICE

+ Also available  
on Zoom

**MW** Both Locations

MP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:15 Pickleball 9:30 Fit & Fabulous 12:00 Keystone Singers 12:30 Cribbage  9:00 Gym Walking 9:15 Pickleball 11:00 Gentle Exercise + 12:30 Krafters 12:30 Fiberazzi 1:00 Zoom Social	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Zoom Fun & Games	2 9:30 Gym Walking 10:00 Fare For All 10:30 Scrabble 12:30 Cards
		9:15 Pickleball 9:30 Fit & Fabulous 12:00 Keystone Singers 12:30 Cribbage  9:00 Gym Walking 9:15 Pickleball 11:00 Gentle Exercise + 12:30 Krafters 12:30 Fiberazzi 1:00 Zoom Social	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Smart Driver Class 2:00 Zoom Fun & Games 5:30 Book Club	9 9:30 Gym Walking 10:30 Scrabble 12:30 Cards
		9:00 Foot Care 9:15 Pickleball 9:30 Fit & Fabulous + 11:00 Zoom Fun & Games 1:00 Chinese Calligraphy 1:30 Bridge 5:30 Intro to Tarot	9:00 Coffee w/ the Guys 9:00 Gym Walking 9:15 Pickleball 11:00 Gentle Exercise + 12:30 Krafters 12:30 Fiberazzi 1:00 Zoom Social	14 9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:00 Keystone Singers 12:30 Cribbage 3:00 Ask the Lawyer
		9:00 Gym Walking 9:15 Pickleball 9:30 Fit & Fabulous + 11:00 Zoom Fun & Games 1:00 Chinese Calligraphy 1:30 Bridge 5:30 Intro to Tarot	9:00 Gym Walking 9:15 Pickleball 11:00 Gentle Exercise + 12:30 Krafters 12:30 Fiberazzi 1:00 Zoom Social	15 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Bingo + 2:00 Zoom Fun & Games
		9:15 Pickleball 9:30 Fit & Fabulous + 11:00 Zoom Fun & Games 1:00 Chinese Calligraphy 1:30 Bridge 5:30 Intro to Tarot	9:15 Pickleball 9:30 Fit & Fabulous 12:00 Keystone Singers 12:30 Cribbage	16 9:30 Gym Walking 10:30 Scrabble 12:30 Cards
		9:15 Pickleball 9:30 Fit & Fabulous + 11:00 Zoom Fun & Games 1:00 Chinese Calligraphy 1:30 Bridge 5:30 Intro to Tarot	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Bingo + 2:00 Zoom Fun & Games	23 9:30 Gym Walking 10:30 Scrabble 12:30 Cards
		9:15 Pickleball 9:30 Fit & Fabulous + 11:00 Zoom Fun & Games 1:00 Chinese Calligraphy 1:30 Bridge 5:30 Mystery Martinee	9:15 Pickleball 9:30 Fit & Fabulous 12:00 Keystone Singers 12:30 Cribbage	29 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Zoom Fun & Games

# Ongoing Exercise & Activities

## Fit & Fabulous MP W7

Silver & Fit program classes for ages 50+. Class includes stretching, endurance and weight lifting. On Mondays, you can join us on ZOOM! Contact Karlene for details. Recorded classes also available 24/7 on our website. Exercise Leader: Karlene, Silver and Fit Certified.



**Mondays & Thursdays at West 7th.**

**Wednesdays at MPCC with instructional video**

**9:30 AM - 10:15 AM**

**Cost: \$20 per month.**

May be covered by your health insurance; you can find out by calling your customerservice line using the number on the back of your insurance card and asking if you are eligible for exercise benefits

No class on Monday, February 16.

## Gentle Exercise MP

This Arthritis Foundation Exercise Program (AFEP) class is designed for people living with arthritis and is open to anyone looking for a gentle exercise class. Arthritis Foundation-trained Instructor Karlene will lead this low-impact, joint-safe class, teaching gentle stretching and strengthening. Movements can be done standing or sitting. You can also join us by Zoom now! Talk to Karlene for the details.

**Tuesdays, 11:00 AM - 11:45 AM**

**Continuing session: February 3 - March 3**

**1-wk break: March 10**

**Continuing session: March 17 - April 21**

**1-wk break: April 28**

## Social Pickleball MP

For those 50+. Novice and advanced Pickleball matches played for fun. You get a good, enjoyable workout.

**Mondays, Tuesdays, Wednesdays & Thursdays**

**9:15 AM - 11:45 AM**

No pickleball on Monday, February 16.

Cost: \$3/session.

## Fiberazzi W7

Knit, crochet and needlecrafts. All skill levels and fabric craft types welcomed. Share ideas and conversation.

**Tuesdays, 12:30 PM - 2:30 PM**

## Krafters MP

Bring your art/craft supplies and spend a casual afternoon with your fellow artists/crafters, sharing ideas and conversation.

**Tuesdays, 12:30 PM - 2:30 PM**

## Foot Care Clinic at Merriam Park MP

**Wednesday, March 4 with Nurse**

**Joan Strumpf, 9:00 AM - 2:00 PM**

40 minute appointments

Cost: \$50

Call to make an appointment

## Foot Care Clinic at West 7th W7

**Monday, February 9 and April 13 with Nurse Susan Janicke, 9:00 AM - 2:00 PM**

30 minute appointments

Cost: \$50

Call to make an appointment



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## Volunteer In Your Community

Lutheran Social Service of MN is seeking volunteers, age 55 or older, in your area to provide companionship to older adults or mentor school age children. Volunteers serve 10 or more hours per week for a tax free stipend and mileage reimbursement.

Please contact us at 888.205.3770 or [AmericorpsSeniors@lssmn.org](mailto:AmericorpsSeniors@lssmn.org) for more information and to make an impact in your community!!



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**cyoung@4LPi.com**

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Keystone Community Svcs, Saint Paul, MN

A 4C 02-1107

# Ongoing Exercise & Activities

## Bingo W7

Join us in-person or via ZOOM. The popularity of Bingo is undeniable. Each Bingo card costs \$1. Play as many as you like. Money collected is divided between 10 games: 9 regular and 1 cover-all. One winner per game.

ZOOM players: If you need Bingo cards, they will be mailed or delivered to you. You must play the same number of cards each month and must send in monthly or quarterly payments for your cards to play.

### Thursdays

**February 19, March 19, and April 16**

**11:00 AM - 12:00 PM on ZOOM or in-person at W7th.**

## Ask the Lawyer: Senior Specialty Legal Advice W7

Dave Burns offers our seniors FREE one-time 15-minute consultations on the third Wednesday of each month to assist with elder law issues. Registration required. Call 651-298-5493 to book your appointment.

**3rd Wednesday of the month on February 18,  
March 18, and April 15, 3:00 PM - 5:00 PM**

## COFFEE WITH THE GUYS

*“Conversations is food for the soul.”*

Join us once a month for coffee and conversation. We'll meet at Day by Day café on West 7th. No set agenda, just conversation and coffee. Order some food if you like. This outing is for the guys only. Our staff person, Phil, will be hosting.

**Tuesdays, February 10, March 10,  
and April 14**

Day by Day Cafe  
477 7th Street, St. Paul  
9:00 AM - 10:00 AM



## AARP SMART DRIVER PROGRAM



Call 651-298-5493 ASAP to reserve your spot. Space is limited for this program.

**4-hour Refresher Course at Merriam Park:  
Thursday, April 9 from 12:30 AM - 4:30 PM  
Cost: \$25**

**\*No AARP discount pricing available.**

## Bridge MP

Match up with players according to your desired level of play. **Mondays, 1:30 PM - 3:30 PM and  
Thursdays, 9:30 AM - 11:30 AM**

## Cards W7

Meet weekly with others who enjoy playing cards. Currently playing 500, but taking suggestions for other card games. **Fridays, 12:30 PM - 2:30 PM**

## Scrabble MP

Casual game play. Join us to exercise your brain!  
**Fridays, 10:30 PM - 12:30 PM**

## Cribbage MP

Weekly games of Cribbage, new players welcome!  
**Wednesdays, 12:30 PM - 2:30 PM**

## Evening Book Club W7

Join us monthly for a lively discussion with new “book loving” friends. Call Joan Dion at 651-489-8103.  
**Thursdays, February 12, March 12, April 9,  
5:30 PM - 7:30 PM**

## Crafters Delight W7

Bring craft projects you are currently working on or learn about new ideas from fellow crafters. The group has seen jewelry-making, fiber coil baskets, crochet, card making and more. Some Mondays we will bring in an instructor to teach a new skill.

**Most Mondays 1:00 PM to 3:00 PM**



Vocal Essence Vintage Voices and Keystone Community Services Present

## THE KEYSTONE COMMUNITY SINGERS

### Spring Session starting soon!

We invite everyone who enjoys lifting their voices in song to join us for twelve amazing weeks of singing and learning to prepare for a concert for friends and family. No auditions, no experience necessary, just a love to sing.

**Wednesdays, 12:00 – 2:30; March 4 – May 20;  
Public concert Thursday evening May 21, 2026**

**FREE AND OPEN TO THE COMMUNITY! ALL ARE WELCOME!**



VOCALESENCE

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Keystone Community Svcs, Saint Paul, MN

B 4C 02-1107

# TED TALKS

IDEAS WORTH SPREADING

TEDTalks are short video presentations introducing us to new ideas or presenting a fresh perspective on something we already know. Scientists, researchers, technologists, artists, designers, and others aim to stir our curiosity and get us talking. The goal is to present “Ideas Worth Spreading” to an audience of people open to being inspired or possibly wanting an introduction to a new topic.

If this sounds interesting, join us for an hour once a month. We watch several short videos on a single topic and discuss how it relates to us. It's fun and often leads to thinking about ideas we never considered before.

**1st Thursday of each month, 10:30 AM at West 7th**

**February 5:** Rediscovering play in adulthood

**March 5:** Curiosity; the thrill of not knowing the answers

**April 2:** What happens to your brain when . . .

# MYSTERY MATINEE



**4th Tuesdays of every month at Merriam Park Community Center beginning at 2:00 PM**

## Movie Synopses

**February 24: Wake Up Dead Man; a Knives Out Mystery;**  
Detective Benoit Blanc investigates a mystery involving a corrupt reverend, a boxer-turned-priest, and a precious jewel worths tens of millions of dollars.

**March 24: La La Land**

American musical romantic comedy-drama. A struggling jazz pianist and an aspiring actress meet and fall in love while pursuing their dreams in Los Angeles.

**April 28: Enola Holmes; PG 13**

When Enola Holmes, Sherlock's sister, discovers her mother is missing, she endeavors to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy.

## New Volunteer Opportunity Launching

### Help Make a Difference in the Lives of Older Adults!

We're excited to announce the launch of a brand-new community initiative: **Volunteer Chore and Transportation Services** for older adults in our area! As our community grows, so does the need for support for our aging neighbors. This new program is designed to help older adults maintain their independence and quality of life by offering free rides to essential appointments and assistance with small household chores—all provided by caring volunteers like you.

**This service is made possible thanks to generous funding from the Minnesota Live Well at Home Grant.**

#### Volunteer Drivers Needed

Do you have a reliable vehicle and a few hours to spare each month? Volunteer drivers will help older adults get to:  
Medical appointments | Grocery stores | Community events | Other essential errands

#### Chore Helpers Wanted

Not a driver? No problem! We also need volunteers to assist with light household tasks such as:  
Changing light bulbs | Taking out the trash | Tidying up | Seasonal yard work

#### Why Volunteer?

Make a meaningful impact | Build connections in your community | Flexible scheduling | Receive training and ongoing support

## Get Involved Today!

We're currently recruiting volunteers! If you're interested in joining this rewarding effort, please contact Sara Fleetham at **651-797-7725** or visit [keystoneservices.org/volunteer](http://keystoneservices.org/volunteer) to learn more and sign up.

# Cultural and Arts Programming

## Eco-Friendly Collage Cards W7

Using recycled materials, we will create greeting cards for any and all occasions. Come learn some tips and tricks from our W7 librarian, Kathleen, as she leads the class on using found materials to make something new and beautiful to gift to friends and loved ones.

**Monday, February 2 from 1:00 PM - 4:00 PM**

**Cost: \$5/person for supplies**

## Chinese Calligraphy W7

Returning with four sessions; in partnership with St Paul Public Libraries. Chinese calligraphy is the writing of Chinese characters as an art form, combining visual art and interpretation of the literary meaning. Supplies are provided. RSVP through St. Paul Public Library; [sppl.org/events](http://sppl.org/events).

**Mondays, April 6 - 27 from 1:00 PM - 3:00 PM**



## Intro to Tarot Cards W7

Explore the art, the complexity and the depth of this extraordinary art form. Tarot cards date back centuries and now there are more options for decks than ever before. But what do all of those pictures mean? What do we know about the history of this system? Is it mystical? Psychological? Religious? In these four sessions, we will only skim the top of this fascinating topic, just enough to whet your appetite.

RSVP by calling 651-298-5493

### About Instructor Nell Morningstar Ubbelohde

Nell has been reading Tarot cards since she was a young teenager. Now 50+ years later, she has been reading, teaching and sharing her love of this complex system around the world for several decades.

**Mondays, March 23, 30, April 6 and 13 at 5:30 PM - 7:30 PM**

**Cost: \$10/session**

## West 7th Community Center Update W7

The gymnasium at West 7th Community Center is getting some work done! Keystone has received a grant to update systems in our gymnasium, our bathrooms, water fountains and more! Over the next few months as this work is being completed, programming locations may change or get canceled as needed. But the results are well worth the hassle! We can't wait for the end product. If you have ideas for new programming in our updated space, please feel free to drop us a note or give us a call. In the meantime, we are canceling family movie nights until the gym is once again a usable space.



A collage of images. On the left, large blue text reads 'SUPPORT THE ADVERTISERS that Support our Community!'. The background of the collage shows a person's hands using a laptop, a stack of cardboard boxes, and a roll of packing tape. The overall theme is community support and advertising.

# Community Resources

## WEST 7TH FARE FOR ALL 2026

**January 16<sup>TH</sup>** - 3rd Friday  
**February 13<sup>TH</sup>** - 2nd Friday  
**March 13<sup>TH</sup>** - 2nd Friday  
**April 3<sup>RD</sup>** - 1st Friday  
**May 8<sup>TH</sup>** - 2nd Friday  
**June 12<sup>TH</sup>** - 2nd Friday

**July 17<sup>TH</sup>** - 3rd Friday  
**August 14<sup>TH</sup>** - 2nd Friday  
**September 11<sup>TH</sup>** - 2nd Friday  
**October 9<sup>TH</sup>** - 2nd Friday  
**November 6<sup>TH</sup>** - 1st Friday  
**December 11<sup>TH</sup>** - 2nd Friday

Fare For All is a pop-up grocery store. We sell packs of fresh produce and frozen meat at up to 40% off of retail prices. Everyone is welcome to participate. We follow a co-op model, so the more people who shop, the better the discounts. We accept cash, credit, debit, and EBT cards. Cards are preferred. We do not accept checks. Just stop by and shop!

**Location:** 265 Oneida St., Saint Paul, MN 55102

**Hours:** 10:00 AM - 12:00 PM

## HELP WITH MEDICARE

Do you have questions about Medicare, Supplement/Medigap, and Advantage plans? We provide Medicare Counseling in your area to those who currently have Medicare, are new to Medicare, or are planning for the future.

At no cost, we provide unbiased information about the different parts of Medicare, your options, and ways to potentially lower your Medicare costs. Interpreters are also available upon request. If you have questions, we have answers!



**West 7th Community Center:**  
2nd Thursdays, February 12, March 12 and April 9

**Merriam Park Community Center:**  
3rd Wednesdays, February 18, March 18 and April 15

Scan the QR to make an appointment or visit Trellis at the following link: [trellisconnects.org/medicareappt](http://trellisconnects.org/medicareappt). For further assistance you may also call Keystone at: **651-298-5493**



## COMMUNITY RESOURCES



### Friends and Co

Elder Friends Phone Companions  
(friendly phone conversations)

**612-746-0737**

### Minnesota Food Hotline

Learn about programs to help pay for food and get food.

**1-888-711-1151**

### Ramsey County Financial Assistance

Learn more, sign up for financial assistance, and inquire about healthcare programs.

**651-266-4444**

### Senior Linkage Line

Speak with local aging experts about resources and other general needs.

**1-800-333-2433**

### Help at Your Door

Grocery shopping and delivery to your home. Sliding fee scale and accepts SNAP/EBT.

**651-642-1892**

### Adult Mental Health Crisis Line:

**651-266-7900**

### Minnesota Mental Health Helpline:

**1-800-862-1799**

### Metro Meals on Wheels:

Home delivered meals across the whole metro. Delivered by local organizations by trained volunteer drivers.

**612-623-3363**

# Seniors Directory

## Keystone Staff and Resources Directory

### Senior Program Director

**Teisha Magee** | 651-504-4461  
tmagee@keystoneservices.org

### Meals on Wheels Coordinator

**Maren Ronald** | 651-504-2514  
mronald@keystoneservices.org

### Community Social Work

**Holly Brackett** | 651-504-2594  
hbrackett@keystoneservices.org

### Senior Services Navigators

**Phil Schmid** | 651-504-4469  
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**Kim Taylor** | 651-316-4441  
ktaylor@keystoneservices.org

### Activities Coordinator

**Karlene Niva-Colgan** | 651-504-2599  
knivacolgan@keystoneservices.org

### Senior Services Assistant

**Judy Burns** | 651-504-2650  
jburns@keystoneservices.org

### History Tours Coordinator

**Teisha Magee** | 651-504-4461  
tmagee@keystoneservices.org

### Volunteer Engagement Manager

**Sara Fleetham** | 651-797-7725  
sfleetham@keystoneservices.org



## NEVER MISS OUR NEWSLETTER!

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Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

## LET'S GROW YOUR BUSINESS

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**CONTACT ME**  
**Carolyn Young**

**cyoung@4LPi.com**

**(800) 950-9952 x5278**

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#### Inclement Weather Procedures

If Keystone needs to close or cancel programming for any reason, we will do our best to post it to our website and social media channels. Our main phone line will also have up-to-date information for you regarding closures.

#### CONTACT

##### Merriam Park Community Center

2000 Saint Anthony Ave  
Saint. Paul, MN 55104  
651-645-0349

##### West 7th Community Center

265 Oneida Street  
Saint Paul, MN 55102  
651-298-5493

##### Keystone Community Food Center

1800 University Ave W  
Saint Paul, MN 55104  
651-917-3792

## DONATE TO EXPRESS BIKE SHOP!

***Support youth in your community!***

Express Bike Shop is a full-service shop specializing in refurbished bikes at affordable prices, and offers a full range of repair services.



1158 Selby Ave, St. Paul, MN

651-644-9660

[exbike.com](http://exbike.com)

*Express Bike is a social enterprise of Keystone Community Services.*

